



WELCOME

to the Community of

Hampton Roads



TABLE OF CONTENTS

About ONA	03
Reminder!	04
How to read this handbook	05
Virginia Beach	06
Williamsburg & Yorktown	14
Norfolk	19
Hampton & Newport News	28
Suffolk & Isle of Wight	37
Portsmouth & Chesapeake	42
Acknowledgments	47

WHO WE ARE...



The Office of New Americans (ONA) was established in 2020 to promote the economic and civic success of Virginia's diverse immigrant communities. The Office is comprised of an Immigrant Services unit and Refugee Services unit (formerly known as the Office of Newcomer Services).

The Immigrant Services unit is responsible for the implementation of a statewide strategy to provide immigrants with comprehensive assistance related to employment, housing, healthcare, education, citizenship, and other services for which they may be eligible.

The ONA Advisory Board advises Virginia's Governor on ways to improve state policies and programs to support the integration of immigrants in Virginia.

**This handbook was created in collaboration of ONA Immigrant Services, VDSS, and AmeriCorps.
The Office of New Americans welcomes you to Virginia.**



The Office of New
Americans

REMINDER!

This handbook was created for you and your family to have at access to low-cost/ free resources, services, and support you need in order to feel a part of your community.

Connect, learn about these resources and feel part of your community. Please share with us about any recommendations you may have or changes in the information found in the resources. Your feedback is welcomed and will aid us greatly in creating a better handbook for years to come!



HOW TO READ THIS HANDBOOK



Community Support		Childcare	
Housing/Shelter		Food/Clothing	
Family Support		General Health	
Legal Assistance		Mental Health	
Education		Dental Health	
Employment Services			

All sections are categorized by counties within the Hampton Roads region. Within each county is a list of resources categorized by service type. With each service is a name, address, phone number, email, brief information, and language support if available.

EXAMPLE:



Organization Name
123 Address road
000-000-000
www.website.org
Service Information
Addition information.
Cost,
Hours 9 am- 6pm
Language available





Virginia Beach





GENERAL HEALTH

Virginia Beach Health Department

Pembroke Corporate Center III

4452 Corporation Lane Virginia Beach, VA 23462

757-518-2700

<https://www.vdh.virginia.gov/virginia-beach/>

vb_health@vdh.virginia.gov

Offers Covid-19 Vaccines, Health Services (WIC, Maternity Services,

Immunizations, Blood pressure screening, Dental Services, School

physical, Tuberculosis testing and treatment), Car seats, Sexually

Transmitted Infections (STIs). Environmental services and more.

Free Covid-19 shots. Ages 6 months +.

Spanish: Health information

Beach Health Clinic

3396 Holland Road # 102 Virginia Beach, VA 23452

757- 428-5601

<http://beachhealthclinic.org/services/espanol/>

Offers various health services and dental services families.

Spanish: Bilingual staff

Planned Parenthood/ Virginia Beach Health Center

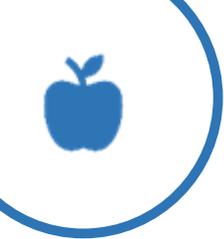
515 Newtown Rd. Virginia Beach, VA 23462

757-499-7526

[https://www.plannedparenthood.org/health-center/virginia/virginia-](https://www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750)

[beach/23462/virginia-beach-health-center-4166-91750](https://www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750)

Provides healthcare services for men and women, HIV / STD testing, vaccines, and more.



FOOD / CLOTHING

Open Altar Ministries Food Panty

4992 Euclid Rd. #6 Virginia Beach, VA 23462

757-497-7200

oawca.com

info@oawca.com

Provides food to those in need.

Hours: 2nd Thursday of every month 5:00 pm - 7:00 pm

Full Course Food Source @ The Mount

620 Baker Rd. Virginia Beach, VA

<https://foodbankseva.link2feed.com/>

Provides food for those in need.

Hours: Tuesday, Wednesday and Thursday 10:00 am - 2:00 pm

Drive Thru Pantry Hours: 2nd & 4th Saturday 10:00 am - 2:00 pm

Check this website to see the available locations,

The Gathering at Scott Memorial

409 First Colonial Rd. Virginia Beach, VA 23454

757-428-3720

Provides food to those in need.

Hours: Open every Wednesday from 4:30 - 6:30 pm

Good Shepherd Lutheran Church

1489 Laskin Rd. Virginia Beach, VA 23451

757-428-4052

2nd & 4th Saturdays 10-12pm. Drive up and stay in your car in the front of the church. Pre-registration is helpful. Please visit their website and sign up, or call the church office to register.



HOUSING / SHELTER

The Samaritan House

2620 Southern Boulevard Virginia Beach, VA 23452

757-251-0144

<https://samaritanhouseva.org/>

Provides emergency and transitional housing, community outreach to victims of domestic violence and homeless families.

Hours: Mondays: 11:00 am - 2:00 pm, Wednesdays 1:00 pm - 4:00 pm

H.O.P.E Foundation

2085 Lynnhaven Parkway Suite 106, Box 128 Virginia Beach, VA

23456

757-241-6900

inquiries@hopefdn.org

Offers overnight shelter, cooked meals, Hope on Wheels food, basic necessities, and professional help for various services.

Hope on Wheels Hours: Sunday, Wednesday & Friday 5:30 pm - 6:30pm every year in November.

Call for more information

Seton Youth Shelters

101 N Lynnhaven Rd. Ste 101 Virginia Beach, VA

757-498-4357

<https://setonyouthshelters.org/>

Offers a shelter for youth ages 9-18 and are provided with counseling, mentoring, and crisis intervention services.



CHILDCARE

Boys and Girls Club (Virginia Beach)

1300 Diamond Springs Road. Suite 300 Virginia Beach, VA 23455

757-853-5632

<https://www.bgcseva.org/>

info@bgcseva.org

Provides an after school and summer programs for children and teens
ages 6-18.



EMPLOYMENT SERVICES

Labor Finders - Virginia Beach

125 S Plaza Trail Virginia Beach, VA 23452

757-490- 4590

<https://www.laborfinders.com/locations/va/virginia-beach/20-11/>

Offers people assistance to gaining temporary employment.

Contact for more information about opportunities at this specific location.



EDUCATION

Adult Learning Center

5100 Cleveland St. Virginia Beach, VA 23462

757-648-6050

<https://adultlearning.vbschools.com/>

Offers career training, ESL classes, GED classes and certificates and online courses.

Hours: Monday - Thursday 8:00 am - 4:00 pm; 6:00 pm - 9:00 pm;

Friday 8:00 am - 4:00 pm

Multilingual: Website translation

PEATC (Parent Educational Advocacy Training Center)

Toll-Free number: 1-800-869-6782

703-923-0010

<https://peatc.org/>

partners@peatc.org

Offers services in early childhood, family engagement, Latinx outreach, military outreach, special education, college planning, and programs for youth.

Spanish: Bilingual staff

Does not have a physical address for this area, but serves all of Virginia

- Call for more information



COMMUNITY SUPPORT

Judeo-Christian Outreach Center

1053 Virginia Beach Blvd. Virginia Beach, VA 23451

757- 491- 2846

<https://jcoc.org/>

jcoc@jcoc.org

Provides a community dinner, food pantry, and family boxes for anyone in need.

Community Dinner Hours: Monday - Friday at 5:00 pm, Saturday - Sunday and Holidays at 2:00 pm

Food Pantry Hours: Tuesday and Saturday.

Call to make an appointment

Family Food Boxes Distribution: Tuesday and Saturday.

Call to make an appointment

Asian Pacific American Heritage Organization (APAHO)

4857 Baxter Rd. Virginia Beach, VA 23462

757-453-3088

<http://www.apaho.org/>

asianfest@apaho.org

An organization for Asian Pacific Americans in the Hampton Roads area that offers scholarships, memberships, and connection.



BUSINESS

Asian Business Association of Hampton Roads

1385 Fordham Drive, Ste 105 Virginia Beach, VA 23464

www.abahr.com

abahr757@gmail.com

Provides a diverse business network, general membership, and community to strengthen Asian businesses.

Virginia Asian Chamber of Commerce (Virginia Beach)

3972 Holland Roads, Ste 107 Virginia Beach, VA 23452

<http://aabac.org/>

aabac@aabac.org

Non-profit business advocacy organization representing Asian American companies in Virginia. Provides members with weekly events and meetings.



Williamsburg & Yorktown





GENERAL HEALTH

Williamsburg Health Department (James City County Office)

5300 Palmer Lane Williamsburg, VA 23188
757-253-4813

Offers Covid-19 vaccines, (WIC), Maternity Services, Environmental services and Vital Records.

Free Covid-19 shots. Ages 6 months +.

Spanish: Health information

Angels of Mercy Medical Clinic

7151 Richmond Road Suite 401 Williamsburg, VA 23188
757-565-1700

<https://www.angelsofmercyclinic.org/>

Provides health care services for men and women and various programs.

Accepts Medicaid and has sliding scale payment options for low-income families.

Multilingual: Interpreter line

Lackey Clinic

1620 Old Williamsburg Road Yorktown, VA 23690

757-886-0608

<https://lackeyclinic.org/>

info@lackeyhealthcare.org

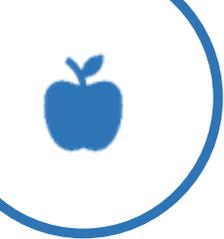
Provides various healthcare services for the uninsured in Virginia.

No health insurance needed.

Services are available for ages 2-65.

Hours: Tuesday - Thursday 8:30 am- 3:00 pm.

Spanish: Website translation



FOOD / CLOTHING

Fish Inc.

312 2nd st. Williamsburg, VA 23185

757-220-9379

<https://fishwilliamsburg.org/>

fishwilliamsburg@gmail.com

Provides food, clothing, and houseware for families and individuals in need.

Hours: Monday - Friday 10:00 am - 4:00 pm

1st Saturday 10:00 am - 2:00 pm

Grove Christian Outreach Center

8800 Pocahontas Trails Williamsburg, VA 23185

757-887-1100

<http://www.groveoutreach.com/index.html>

Provides a food pantry, seasonal food programs, hygiene closet, and more.

Clothing closet hours: Monday 1:00 - 3:30 pm

Fridays 10:00 am - 12:00 pm

Call for more information

Williamsburg House of Mercy

10 Harrison Ave. Williamsburg, VA 23185

757-229-3700

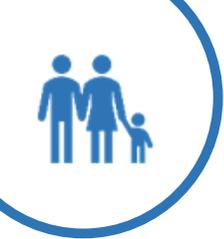
info@williamsburghouseofmercy.org

Provides a food pantry, clothing, pregnancy services, and rapid rehousing for homeless individuals and families,

Hours: Monday - Thursday 9:30 am - 4:00 pm

Food Pantry Hours: Wednesday - Thursday 10:00 am - 1:00 pm.

No registration is required.



FAMILY SUPPORT

Avalon Center

P.O. Box 6805 Williamsburg, VA 23188

757-258-5022

<https://www.avaloncenter.org/>

Provides a 24 hour crisis line, emergency shelter, youth services, transitional housing, counseling, and legal advocacy.



COMMUNITY SUPPORT

United Way of the Virginia Peninsula

101 York Crossing Rd Yorktown, VA 23692

757-229-2222

<https://www.uwvp.org/>

info@uwvp.org

Partners with local nonprofits, businesses, donors, and social service agencies to address community needs.

Hours: Monday - Friday 9:00 am - 5:00 pm

Summer Hours: Monday - Friday 8:00 am -5:00 pm.

Virginia Asian Chamber of Commerce (Williamsburg)

4801 Courthouse St Williamsburg, VA 23188

<http://aabac.org/>

Non-profit business advocacy organization representing Asian American companies in Virginia. Provides members with weekly events and meetings.

Virginia Empowerment Center (Hampton)

757-708-2812

24/7 Hotline in Spanish: 888-969-1825

<https://en.latinosenvirginia.org/>

HOLA@LATINOSENVIRGINIA.ORG

Offers support services for Spanish-speaking victims of violence and injustice. Additionally, offers advocacy, education & technical assistance, and interpretation services.

Services are free and confidential.



FINANCIAL SERVICES

Williamsburg Community Foundation

1323 Jamestown Rd. Suite 103 Williamsburg, VA 23185

Offers scholarships to graduating students at select high schools.

757-259-1660

Hours: Monday - Friday 8:30 am - 4:30 pm

Enroll Virginia

Statewide Toll-free Hotline: 1-888-392-5132

<http://www.enrollva.org/>

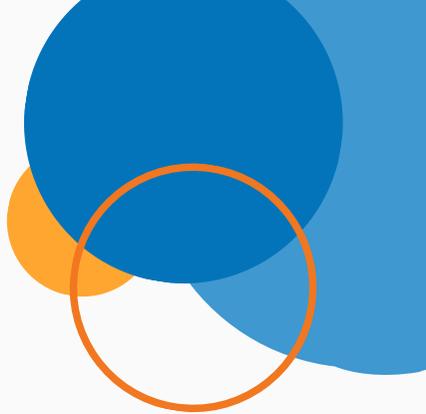
info@enroll-virginia.com

Provides free application assistance, and in-person/ virtual help on health insurance options available through HealthCare.gov, Medicaid, and FAMIS.

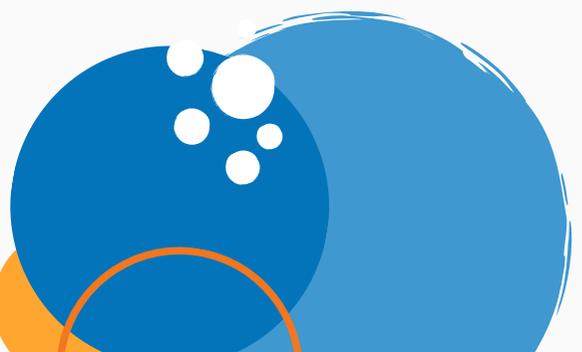
Spanish: Twitter and Instagram website

Does not have a physical address for this area, but serves all of Virginia

- Call for more information



Norfolk





GENERAL HEALTH

Norfolk Public Health Department

830 Southampton Ave. #200 Norfolk, VA 23510

757-683-2800

<https://www.norfolk.gov/153/Public-Health>

Offers Covid-19 Vaccines, Health Services (WIC, Maternity Services, Immunizations, Blood pressure screening, Dental Services, School physical, Tuberculosis testing and treatment), Car seats, Sexually Transmitted Infections (STIs). Environmental services and more.

Free Covid-19 shots. Ages 6 months +.

Hours: Monday - Friday 8:30 am - 3:00 pm

Closed on all Federal and State Holidays

ComuniCare Family Health Center

804 Whitaker Ln, Norfolk, VA 23510

757-393-6393

<https://www.hrhc.org/>

info@hrhc.org

Offers medical services for families. children, and gynecology services for women, dental services, prescription assistance.

Offers appointment using "telehealth" video calls. Not all appointments can use "telehealth". Call for more information.

Horario de servicios: Monday - Friday 8:00 am - 5:00 pm

Community Hope Clinic

830 Southampton Avenue, Norfolk, VA 23510

757-446-0366

757-403-2474 (Spanish)

Mobile clinic offers free medical services.

Call for an appointment.

Hours: 2nd & 4th Thursday every week 6:00 pm - 9:30 pm

CAN-Community Health

1001 Monticello Ave Suite 100, Norfolk, VA 23510

757-346-5770

<http://www.cancommunityhealth.org/norfolk-va/>

Offers medical and dental attention, psychology services, and more.

Accepts most Medicare, Medicaid, and Private insurances.

Offers appointment and counseling using "telehealth" video calls.

Hours: Monday - Thursday 8:30 am – 5:30 pm

Friday: 8:30 am – 12:30 pm

All services are only for patients with HIV. Visit the website or call for more information about insurance of telehealth.

Spanish: Website translation

Multilingual: Telehealth services



MENTAL HEALTH

Norfolk Community Services Board Tidewater Drive Center

7460 Tidewater Drive Norfolk, VA 23505

757-756-5619

Offers mental health services for infants to adults. Services also include drug rehab, therapy, and counseling.

Has an interpreter line for non-English speaking clients.

Hours: Monday - Friday 8:00 am - 4:00 pm

Norfolk Community Services Board (Prevention Services)

7447 Central Business Park Dr. Norfolk, VA 2513

757-756-5600

Provides mental health services, developmental disabilities services, and more.

Hours: Monday - Friday 8:00 am - 5:00 pm

National Counseling Group

6345 Center Drive Norfolk, VA 23502

1-877-566-9624

<https://www.ncgcommunity.com/petersburg>

referral@ncgcare.com

Offers child & family services and various therapy treatments.

Accepts Medicaid & Private Insurances.

Has locations throughout VA.



DENTAL HEALTH

Park Place Dental Clinic

606 W 29th Street Norfolk, VA 23508

757-683-2692

www.parkplaceclinic.org/

Provides dental services to the homeless, low-income, and uninsured adult residents of Norfolk.

O.V. Medical and Dental Center

9581 Shore Dr. Norfolk, VA 23518

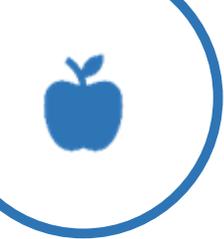
757-393-6363

<https://www.hrhc.org/>

info@hrhc.org

Offers dental services and exams, x-rays, cleaning, sealants, extractions, fillings, crowns, root canals, and partial and complete dentures.

Hours: Monday - Friday 8:00 am - 5:00 pm



FOOD / CLOTHING

Children's Harbor

1900 Llewellyn Avenue 2nd Floor Norfolk, VA 2351

757-397-2981

<https://childrensharbor.cc/>

Provides programs and services for such as health & nutrition, community training, professional development, and a Virginia

Infant Toddler specialist network.

Hours: 9:00 am - 5:00 pm

Village Family Outreach

813 Henry St. Norfolk, VA 23504

<https://www.villagefamilyoutreach.net/>

Provides free groceries and clothes.

Hours: Every 4th Sunday 3:00 pm - 5:00 pm.

Mount Olive Baptist Church

413 E. Brambleton Ave. Norfolk, VA 23510

757-622-4458

<https://www.mobc-norfolk.org/>

The Food Pantry Ministry provides food and clothing for individuals and families in need.

Hours: Every Monday 8:00 am - 11:00 am

The Garden Food Pantry

2709 Greendale Ave. Norfolk, VA 23518

757-587-4332

<http://tgumc.org/foodpantry>

Offers a food pantry for anyone in need.

Hours: Every Saturday 9:00 am - 11:00 am.



HOUSING / SHELTER

The Urban League

7300 Newport Avenue Suite 500 Norfolk, VA 23505

757-627-0864

<http://ulhr.org/programs/>

Provides services to low income individuals and moderate-wage earners to prepare and educate participants on the home buying process.

Hours: Monday - Friday 7:00 am - 9:00 pm.

Salvation Army Shelter

203 W 19th St, Norfolk, VA 23517

757-622-3471

Provides shelter to homeless men, women, and children. Offers various of support services such as emergency food, utility assistance, and more.

Hours: 24 hours

Union Missions Ministries

5100 E. Virginia Beach Blvd Norfolk, VA 23502

757-627-8686; (ext.200 Men, ext. 331 Women, ext. 335 Women with Children)

<http://www.unionmissionministries.org/get-involved/events/>

Provides shelter for men, women & children.

Men's Shelter Hours: 5:00 am-5:15 pm (recommended arrival time)

Women's Shelter Hours: call for availability.

Day Services Hours: Monday- Friday 9:30 am - 3:00 pm



COMMUNITY SUPPORT

YWCA - South Hamptons Road

500 East Plume Street, Suite 700 Norfolk, VA 23510

757-625-4248

<https://www.ywca-shr.org/>

development@ywca-shr.org

Provides counseling, crisis, education, and youth services.

Multilingual: Website translation

Virginia Organizing (Norfolk)

Norfolk, VA 22980

434-984-4655

<https://virginia-organizing.org/immigration-resources/info@virginia-organizing.org>

Advocates for immigration resources such as a family preparedness plan.

Ghent Area Ministries

1301 Colonial Avenue, Suite 2 Norfolk, VA 23517

757-622-0438

<https://gamnorfolk.org/>

Provides services for the homeless and those in need. Provides utility assistance, dental, vision, food, clothing, and transportation.

Hours: Monday & Tuesday 10:00 am - 3:00 pm; Wednesday & Thursday 10:00 am - 4:00 pm, Friday 10:00 am - 12:00 pm. Closed Saturday and Sunday.

Tidewater Chinese School

4427 Hampton Blvd Norfolk, VA 23508

302- 256-3163

<http://www.tidewaterchineseschool.org/>

Provides Chinese language education and cultural services to the local community

Low tuition cost

Language Available: Chinese (Mandarin) Bilingual staff



EMPLOYMENT SERVICES

Eastern Virginia Region AHEC – Southeast Virginia and Peninsula

P.O. Box 1980 Norfolk, VA 23501

757-446-6167

https://www.evms.edu/community/community_health_initiatives/eastern_virginia_area_health_education_center/

The mission of the Eastern Virginia AHEC (EVAHEC) program is to promote health careers and access to primary care for medically underserved populations through community-academic partnerships.

Norfolk Workforce Development Center

741 Monticello Ave. Norfolk, VA 23510

757-664-6000

norfolk.gov/index.aspx?NID=355

Provides training, education, job search assistance, and work experience opportunities for SNAP recipients.

Hours: 8:30 am - 5:00 pm



LEGAL ASSISTANCE

Legal Aid Society of Eastern Virginia

125 St. Paul's Blvd. Ste. 400 Norfolk, VA 23510

757-627-5423

<https://www.laseva.org/>

info@laseva.org

Offers free civil legal services to low-income residents.

Interested clients must receive or make a referral

dLCV (The disAbility Law Center of Virginia)

1512 Willow Lawn Drive, Suite 100 Richmond, VA 23230

1-800-552-3962

<https://www.dlcva.org/>

info@dLCV.org

Provides information and referral, legal representation, technical assistance, short-term assistance, systemic advocacy, monitoring and training for people with disabilities.

*Does not have a physical address for the area, but serves all of Virginia -
Call for more information*



Hampton & Newport News





GENERAL HEALTH

Hampton Health Department (Victoria Center)

3130 Victoria Boulevard Hampton, VA 23661

757-727-1172

HamptonHealthDepartment@vdh.virginia.gov

Offers Covid-19 Vaccines, Health Services (WIC, Maternity Services, Immunizations, Blood pressure screening, Dental Services, School physical, Tuberculosis testing and treatment), Car seats, Sexually Transmitted Infections (STIs). Environmental services and more.

Free Covid-19 shots. Ages 6 months +.

Hours: Monday - Friday 8:00 am - 4:30 pm

Closed on all Federal and State Holidays

Peninsula Health Center

416 J. Clyde Morris Boulevard Newport News, VA 23601

757-594-7300

Offers Covid-19 Vaccines, Health Services (WIC, Maternity Services, Immunizations, Blood pressure screening, Dental Services, School physical, Tuberculosis testing and treatment), Car seats, Sexually Transmitted Infections (STIs). Environmental services and more.

Free Covid-19 shots. Ages 6 months +.

Hours: Monday - Friday 8:00 am - 4:30 pm

Closed on all Federal and State Holidays



MENTAL HEALTH

Hampton Mental Health Associates Inc.

2208 Executive Drive, Hampton, VA 23666

757-826-7516

<https://www.hamptonmentalhealth.com/>

Offers mental health treatments, various therapies and counseling.

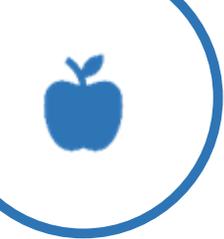
Peninsula Pathways Family Preservations Services

739 Thimble Shoals Blvd. Suite 706 Newport News, VA 23606

757-873-0130

<https://fpscorp.com/peninsula-office/>

Offers mental health services, mentoring, and treatments.



FOOD / CLOTHING

Virginia Peninsula Foodbank

2401 Aluminum Ave. Hampton, VA 23661

757-596-7188

<https://hrfoodbank.org/>

info@hrfoodbank.org

Provides a directory of food assistance to children, individuals, families, seniors and veterans in collaboration with partner agencies in the community. Check the website for the mobile food pantry hours.

Hours: Monday - Friday 8:00 am - 4:30 pm



CHILDCARE

La Leche League Hampton Roads

Hampton Roads, VA

757-828-6555

<https://www.facebook.com/LLLHamptonRoads/>

llofportsmouth@gmail.com

Provides new mothers with information on breastfeeding and support groups.

Free peer-to-peer breastfeeding and parenting support. aching, pumping, bottles, supply concerns, solids, sleep, weaning, and more.

Hours: 9:00 am - 8:00 pm



FAMILY SUPPORT

The Center for Sexual Assault Survivors

718 J Clyde Morris Blvd. Newport News, VA 2360

757-599-9844

<https://www.visitthecenter.org/>

Provides a 24/7 crisis line, counseling, advocacy, and community education.

All services are free and confidential.

Hours: Monday - Friday 8:30 am - 5:00 pm



COMMUNITY SUPPORT

Hispanic Resource Center

3000 Incubator Road Suite 102 Hampton, VA 23366

757-927-4652

<https://www.facebook.com/hrccova/>

Provides a food pantry, drivers license privilege cards, referrals to health resources and victim support, food stamp paperwork assistance and more.

Hampton Roads Transit (HRT)

3400 Victoria Boulevard Hampton, VA 23661

757-222-6000: Spanish; 757-222-6087

<https://gohrt.com/>

Provide public transit service to Chesapeake, Hampton, Newport News, Norfolk, Portsmouth and Virginia Beach via bus, light rail, ferry, paratransit, and carpool options (not all options provided in all cities).

Spanish: Information line

AMRAMP (Hampton Roads)

Hampton Roads, VA

888-715-7599

<https://amramp.com/franchises/hampton-roads-va/>

info@amramp.com

Provides businesses and residences with accessibility ramps, stair lifts, grab bars, and more.

Hours: Monday - Friday 7:00 am - 9:00 pm.

Hispanic Chamber of Commerce of Coastal VA

13675 Warwick Blvd suite b Newport News, VA 23602

757-828-7337

<https://www.hcccova.org/>

Serving the Hispanic businesses and helps members establish new business relationships, grow their companies, improve the region's business climate, and build a stronger community.



EMPLOYMENT SERVICES

Labor Finders - Newport News

9924 Jefferson Ave. Newport News, VA 23605

757-245-0351

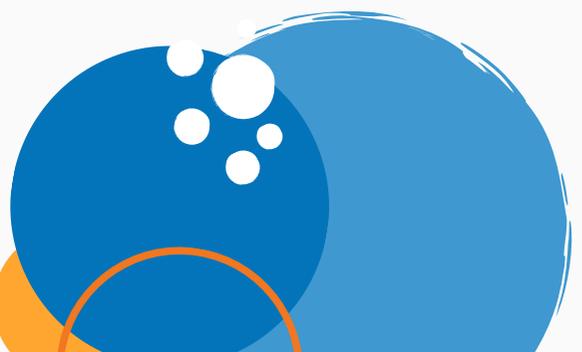
<https://www.laborfinders.com/locations/va/newport-news/20-9/>

Offers people assistance to gaining temporary employment.

Contact for more information about opportunities at this specific location.



Suffolk & Isle of Wight





GENERAL HEALTH

Suffolk Health Department

135 Hall Ave. Suite A Suffolk, VA 23434
757-514-4700

Offers Covid-19 Vaccines, Health Services (WIC, Maternity Services, Immunizations, Blood pressure screening, Dental Services, School physical, Tuberculosis testing and treatment), Car seats, Sexually Transmitted Infections (STIs). Environmental services and more.
Free Covid-19 shots. Ages 6 months +.
Hours: Monday - Friday 8:00 am - 4:30 pm

Western Tidewater Free Clinic

2019 Meade Parkway Suffolk, VA 23434
757-923-1060

<https://wtfreeclinic.org/>
info@wtfreeclinic.org

Provides medical, dental, and vision services. Women's Health program, medical specialist, counseling, and a pharmacy. Offers a resource guide and recommendations to other community agencies.
Hours: Monday - Friday 8:00 am - 5:00 pm



MENTAL HEALTH

National Counseling Group

707 Gittings Street Suite 100 Suffolk, VA 23434

1-877-566-9624

<https://www.ncgcommunity.com/suffolk>

referral@ncgcare.com

Offers child & family services and various therapy treatments.

Accepts Medicaid & Private Insurances.

Has locations throughout VA.



LEGAL ASSISTANCE

Virginia Legal Aid Society

155 E. Washington St. Suffolk, VA 23434

757-539-3441

<http://vlas.org/loose-pages/suffolk-office/>

Provides civil legal services to eligible low-income residents.

All clients must be screened by LawLine (the phone intake and advice triage system) and deemed eligible in order to receive free legal assistance.

All services are free.



Portsmouth & Chesapeake





GENERAL HEALTH

Portsmouth Health Department

1701 High St. Suite 102 Portsmouth, VA 23704

757-393-8585

Offers Covid-19 Vaccines, Health Services (WIC, Maternity Services, Immunizations, Blood pressure screening, Dental Services, School physical, Tuberculosis testing and treatment), Car seats, Sexually Transmitted Infections (STIs). Environmental services and more.

Free Covid-19 shots. Ages 6 months +.

Hours: Monday- Friday 8:00 am - 4:30 pm

ComuniCare Family Health Center

804 Whitaker Ln, Norfolk, VA 23510

757-393-6393

<https://www.hrhc.org/>

info@hrhc.org

Offers medical services for families. children, and gynecology services for women, dental services, prescription assistance.

Offers appointment using "telehealth" video calls. Not all appointments can use "telehealth". Call for more information.

Hours: Monday - Friday 8:00 am - 5:00 pm

Chesapeake Health Department

748 N Battlefield Blvd. Chesapeake, VA 23320

757-382-8600

Offers Covid-19 Vaccines, Health Services (WIC, Maternity Services, Immunizations, Blood pressure screening, Dental Services, School physical, Tuberculosis testing and treatment), Car seats, Sexually Transmitted Infections (STIs). Environmental services and more.

Free Covid-19 shots. Ages 6 months +.

Hours: Monday, Tuesday, Thursday & Friday 8:15 am - 5:00 pm

Wednesday 8:15 am - 12:00 pm

Chesapeake Care Clinic

2145 S. Military Hwy. Chesapeake, VA 23320

757-545-5700

www.chesapeakecare.org

Provides medical and dental services to the low-income individuals in Hampton Roads.

Hours: 9:30 am - 12:00 pm



MENTAL HEALTH

Department of Behavioral Healthcare Services SA

Outpatient Treatment Services

505 Washington St. Portsmouth, VA 23704

757-393-8896

<https://www.portsmouthva.gov/149/Behavioral->

Offers mental health services, treatment programs and therapy for children and adults.

Sliding Fee Scale, Medicaid and Medicare.

Portsmouth Community Services Board

1811 King St. Portsmouth, VA 23704

757-393-5357

24/7 Emergency line: 393-8990

Offers mental health services for infants to adults. Services also include drug rehab, therapy, and counseling.

Hours: Monday - Friday 8:00 am - 5:00 pm

National Counseling Group

3212 Churchland Blvd Ste. 6 Chesapeake, VA 23321

1-877-566-9624

<https://www.ncgcommunity.com/chesapeake>

referral@ncgcare.com

Offers child & family services and various therapy treatments.

Accepts Medicaid & Private Insurances.

Has locations throughout VA.

Southside Tidewater Pathways Family Preservations Services

1214 Progressive Drive, Suite #101 Chesapeake, VA 23320

757-455-8300

<https://fpscorp.com/chesapeake-office/>

Offers mental health services, life-skills and mentoring, and counseling.

Some services are free.

Hours: Monday - Friday 8:30 am - 5:00 pm



COMMUNITY SUPPORT

Hispanic Chamber of Commerce of Coastal VA (Portsmouth)

1040 University Blvd, Ste 301 Portsmouth, VA 23703

757-828-7337

<https://www.hcccova.org/>

admin@hcccova.org

Serving the Hispanic businesses and helps members establish new business relationships, grow their companies, improve the region's business climate, and build a stronger community.

Virginia Asian Chamber of Commerce (Chesapeake)

15064 Carrolton Blvd, Ste N Chesapeake, VA 23314

<http://aabac.org/>

aabac@aabac.org

Non-profit business advocacy organization representing Asian American companies in Virginia. Provides members with weekly events and meetings.



EMPLOYMENT SERVICES

Labor Finders – Portsmouth

2886 Airline Blvd. Portsmouth, VA 23701

757-612-4255

<https://www.laborfinders.com/locations/va/portsmouth/20-12/>

Offers people assistance to gaining temporary employment.

Contact for more information about opportunities at this specific location.



ACKNOWLEDGEMENTS

Thank you to the Immigrant Services team at the Office of New Americans, the Virginia Department of Social Services, and to AmeriCorps. We hope that this handbook helps you and your family feel apart of the community when you connect to resources that exist in your city. We believe that this handbook can be a beacon of hope and encouragement for immigrant populations to have information about the existing services and resources in their communities.